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THE PACIFICAN

UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

VOLUME 106, ISSUE 24

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THURSDAY, MARCH 26, 2015

ASuop Elections '15

ASuop President/Vice President



Serena Welch and Vidal Yanez

Write in: Louis Johnson and Sierra Gonzalez

Senator at Large: Athletics



Abby Wong

Senator at Large: Greek Life



Karly Hammack

Senator at Large: Housing & Residential Life



David Zhang

Bethany Runsten

Sashary Zaroyan

Alexander Xu

Alejandro Velarde

Senator at Large: Multicultural



Karen Chung

Andrea Herrera

Senator for College of the Pacific



Adrian Cohen

Ameer Othman

Sangwook Park

20th



9 am

Voting Period

vote online!

ASUOP.PACIFIC.EDU

26th



5 pm

27th



noon

Results

ASuop

window

Women's History Month: "Women in Academia"

Jodi Tai
NEWS EDITOR

In honor of Women's "Herstory" Month, three female professors hosted a Pacific Faculty Panel: Women in Academia. The presentations were hosted in the Center for Teaching & Learning on the second floor of the William Knox Holt Library this past Friday.

Presenting on this panel were Dr. Tenisha Tevis from the School of Education, Dr. Edie Sparks from the History Department, and Dr. Sara Malec from the Mathematics Department.

First up to the plate was Dr. Tevis, who holds a doctorate in educational theory and policies studies, presenting "Bridging Power and Oppression: How White Women Administrators Facilitate Campus Inclusion."

Tevis's research focuses on how colleges can retain student enrollment. Her qualitative study is concerned with how white women administrators facilitate inclusion on college campuses by the different strategies in which they interpret, decipher, and introduce policy. In her research, Tevis explored the intersectionality of the roles of white women administrators: the majority of the focus group discussed feeling 1) devalued, for being a woman 2) privileged, for being white, and 3) influential because of their position. In conclusion,

there is some oppression and an acknowledgement of systematic bias; there is both "power" and a disadvantage to the "feminized position" of a white woman administrator.

Next to present was Dr. Sparks, a professor of history here at Pacific, who shared her research on "Succeeding in a Man's World: Strategies for Success and the Careers of Mid-Twentieth-Century Female Entrepreneurs in Big Business." Sparks' presentation highlighted the first female corporate board members — women entrepreneurs who made it in "big business."

Tillie Lewis, a Stockton local who made it big in the canning industry, Olive Ann Beech, a trailblazer in aviation, and Margaret Rudkin, founder of Pepperidge Farm, all eventually became president of their respective companies. Sparks analyzed how these women got their foot in the door, how they utilized relationships with the government to benefit their companies and how they asserted their self-worth as women. All three women used gender in their brands (i.e.: housewife, hostess, grandma) and used their husbands as experts to acquire capital.

Despite the odds, these three pioneering women became some of the most influential business owners of the twentieth century. Even more astounding, two out of the three were mothers, and none received a college education. In the words of Olive Ann Beech, "Ability is the measure of an executive — not gender."

Last to present was Dr. Malec, who holds a doctorate in mathematics, on her presentation titled, "Life after FOIL: What is Research in Algebra."

Malec began with an anecdote; whenever she shares she is going to be a math professor, she is met with one of two reactions. Malec usually gets a sigh and a response about her listener's terrible freshman statistics class or traumatic fifth grade math class, or an enthusiastic, "Oh, good for you!"

Specializing in Communicative Algebra, Malec shares that while the conference rooms she has attended are pretty fifty-fifty (gender-wise), that is not the case for all branches of mathematics. In some branches, it is still very much a male-dominated field.

Throughout history, women in mathematics have been less celebrated than their male counterparts, though Malec shared that instead of "Pi Day" some universities have "SK Day," named after Sonia Kovalersky, the first woman who received a Ph.D. in mathematics.

Finishing with a Q&A, the panel shared a wealth of knowledge on the contributions, social strategies and possibilities of women to succeed, discover and create positive change, whether it is in campus policy, business or mathematics.

Stay tuned for more events, and happy Women's History Month!

The Man Behind the Machine: Alan Turing

Lauren Peterson
DISTRIBUTION MANAGER

Can machines think? On Thursday, March 19, 2015, PRIDE Alliance and the Math Club hosted an event exploring the life and contributions of Alan Turing, the man responsible for the Turing Machine as well as the subject of the recent film "The Imitation Game," starring Benedict Cumberbatch and Kiera Knightly.

Professor Christopher Goff, associate professor of mathematics at Pacific, presented the previous question proposed by Alan Turing, along with many other subjects. In response to his own question, Alan Turing supplied the answer through a simple game, described in his 1950 work "Computing Machinery and Intelligence."

The Imitation Game.

In this exercise, a person sits at a computer station and chats with another "user." After a brief conversation, that person is asked a single question: Are you talking to a computer or a human?

Alan Turing, born in 1912, spent most of his life in England and, after attending prestigious schools such as King's College Cambridge and Princeton University, set the foundations for modern computing with his Turing Machine, predicted that artificial intelligence would one day mimic and eventually outstrip that of humans, and observed that the Fibonacci sequence is present in nature's patterns.

Ashley Butts '16, who serves as president of both organizations, coordinated the event and expressed

her personal interest in Alan Turing: "I want to highlight the intersection between queer culture and STEM (Science, Technology, Engineering, Mathematics) fields." Alan Turing, as an openly gay mathematician during the 20th century, faced criminal charges and was subjected to debilitating hormone treatment that left him sterile and may have contributed to his suspected suicide in 1954.

Professor Goff commented, "With Turing, there is this tragic element where he's basically been emasculated at the end because people couldn't really understand what it was like to be gay." Later on, Goff added, "We tend to think that mathematical ideas are devoid of culture, or that they're apart from the individual humanity of the people who are coming up with those ideas. What was the context of the person's life who came up with that idea?"



Wikipedia

24 hours 'til showtime: "The Freshman, the Fifth and the Frathouse" by TAP

Claire Stevens
CONTRIBUTING REPORTER

At 8 p.m. on Friday, March 20, "The Freshman, the Fifth and the Frathouse" was born. With nothing more than a title that had been voted on by Pacific students, the members of Theta Alpha Phi set out to create and produce an entire play in 24 hours. And they succeeded.

The idea for the production grew out of scheduling issues: Due to other events and factors outside of the fraternity's control, they would be unable to produce a full theatrical production. So, rather than abandon hope altogether, they chose to work with what they had. Someone suggested a 24-hour show, the date was set, the theatre reserved and everyone waited for the day to arrive.

It must have been one of the strangest theatre productions to have graced Pacific's campus, with the week leading up to the performance mainly featuring the extensive stockpiling of snacks — the fraternity's Twitter @tapgammachapter relays that they ate 52 Rice Krispy Treats in 25 hours. Besides a little extra napping, the remainder of the week was not too different from any other. Then, Friday arrived, and the most hectic 24 hours in the fraternity's history began. The director, Tyler Young '15, had the foresight to construct a schedule for the production with built-in power naps (most of which went ignored), and the first read-through of the script arrived at 1:43 a.m.

The story, as its title might

indicate, follows the adventures of some freshmen friends as they attend their first frat house party and then, inspired by the teasing of one of the freshman's older brother, search for a fifth that is supposedly hidden in the frat house. Shenanigans ensue, and each of the freshmen learn something about themselves, only to wake up feeling closer to each other — and the effects of their hangovers.

Young, striking a philosophical tone after the performance, noted, "History was made with our sweat and our tears, but thankfully not our blood. I have written and directed before but the 24-hour show was easily the greatest challenge I have faced in the theatre. That's exactly why I am so proud of this accomplishment and of all of my brothers and sisters. It was a wild and crazy journey, one that I am not sure that I will make again, but one I am happy to have made nonetheless." His fraternity brothers and sisters agree, and all are very happy with the turnout; about 80 people attended the performance, and all seemed to have enjoyed it. Theta Alpha Phi would also like to extend its thanks to its current pledge class, which cheerfully stepped up to the plate and volunteered to fill in the gaps in the crew. While they might still be recovering from the sleep deprivation, TAP members feel it was a great success.

"[We] made something beautiful," Young said, speaking to the cast and crew. "What's happening in this room right now, that's my favorite thing in the world."



The United Cultural Club hosted "Journeys Untold," a cultural display of Kilusan Philipino, last Friday in the DeRosa University Center Ballroom. (Photo c/o Edna Rush).

So you want to be a sports writer?

Sasha Kasoff
STAFF REPORTER

On Monday, March 23, sports writer Kristine Setting Clark, Ph.D., spoke to Professor Amy Smith's non-fiction class and then held a reception and book signing upstairs in the University Library.

Clark, who holds a doctorate in education, was a teacher until she turned 49 and decided she wanted to do something new with her life: Write a book. Her first book, "Undeclared, Untied and Uninvited," is about racism in football in 1951. Although it was rejected 99 times, Clark's perseverance and enthusiasm for the story kept her going until it was published.

Clark has written and published many books since then, and now sports stars come to her asking if she will write about them. She had a lot of advice on how to succeed in the predominately male arena of sports writing.

Clark had a great sense of humor and exuded confidence while giving us aspiring writers some great advice, such as, "Never be intimidated by anyone famous — they put their pants on one leg at a time just like you; they are human beings and they are allowed to make mistakes just like we are." Although some of her advice was almost comically sports-like — including the gem, "Expect failure; it makes you strong" — she seemed genuinely sincere in

everything she said.

After our exclusive hour with her, we all moved into the reception area. All of Clark's books were displayed in a pyramid next to a fold-out screen, all displayed neatly with article clippings and photos related to her work. Several students were able to get her card for future networking as more people started to arrive.

Although some events at Pacific may not specifically be relevant to your interests, the opportunity to network, ask advice and listen to an expert is an opportunity that should be taken advantage of. Keep an eye on The Pacifican and the events calendar for more upcoming events on campus.



Edna Rush

Pacific Opera and Orchestra Symphony perform "The Goose of Cairo"

Nicole Felkins
EDITOR-IN-CHIEF

Opera-lovers and theatergoers alike flocked to see Pacific Opera Theatre and the University Symphony Orchestra perform Mozart's "The Goose of Cairo" on March 19, 20, 21 at 8 p.m. and March 22 at 2 p.m. in Faye Spanos Concert Hall. The Austrian composer's obscure, unfinished work was mostly completed by 1783 until Virgilio Mortari finished it to a new libretto by Giovanni Cavicchioli in 1936, reports University of the Pacific's website. Sheldon Harnick, who wrote the lyrics to "Fiddler on the Roof," penned this adaptation and translation in English.

"To enjoy opera, you need to have a pretty well-developed taste for fine arts," noted audience member and Conservatory employee Thomas Levy '16. "This production of 'The Goose of Cairo' was less challenging to palate than other operas because it was in English and fairly brief."

A small screen showing the lyrics to each song dangled above the stage, so opera newbies and those who are hard of hearing had a chance to understand the singers.

The performance was infused with romantic and comedic elements. "The goose costume was an absolute riot," remarked Levy. "Justin Pratt did a really great job animating it. The musicians, cast and

crew delivered four great performances that showcased the talent that is bred within the Conservatory." Pratt played Biondello, who dons the goose costume in order to trick Celidora's father into allowing Biondello to take her hand in marriage, informs the program guide.

"The Goose of Cairo" was set in Ripasecca, a city on the coast of Spain, and the performers wore costumes of the period, so the wealthy women wore elaborate gowns.

James Haffner, a professor of opera at Pacific's Conservatory of Music, directed this performance, with musical coaching provided by Pacific Professor Burr Phillips. Nicolas Waldvogel conducted the University Symphony Orchestra.

The Orchestra played in conjunction with the performers. A variety of instruments comprised the Orchestra: violins, violas, cellos, clarinets, oboes, flutes, trumpets, basses, french horns, bassoons and a timpani.

Tickets could be purchased at the door. General admission was \$19. Tickets were \$10 for Pacific students, faculty and spectators above the age of 65.

The next event in the Faye Spanos Concert Hall will be Alex Garza's student recital in composition on Friday, March 27 at 7:30 p.m.

Admission is free and open to the public.

Public Safety



Weekly Report
March 15 - March 23

TRAFFIC STOP

PACIFIC AVE 3.15.15

Officers stopped a vehicle at 2:43 a.m. for driving without lights on. Officers determined the driver was a juvenile with no license or insurance. CHP was summoned to the scene when officers determined that all the occupants of the vehicle were smoking marijuana. CHP determined the driver was not impaired. She was cited and released to her parents.

ACCIDENT

PACIFIC & BROOKSIDE RD 3.16.15

Officers responded to a solo vehicular accident with injuries. It was determined the driver experienced a seizure while driving and hit the barrier that separates north and south lanes. The driver was transported to the hospital for evaluation.

CASUALTY

HEALTH SCIENCES 3.19.15

Officers responded to a call of a subject who passed out. AMR and the Fire Department responded. The subject was transported to the hospital for evaluation.

ARREST

WPC 3.18.15

Officers stopped a transient at 11:30 p.m. at the above location and learned he had an outstanding warrant for his arrest. The subject was booked into the county jail.

ARREST

ALPINE & PACIFIC AVE 3.19.15

Officers responded to a call of a female transient stealing a recyclable bin. Officers made contact with the subject and learned she had an outstanding warrant. The subject was booked into the county jail.

VANDALISM

A.G. SPANOS 3.19.15

Officers took a report of graffiti spray painted on the building.

SUSPICIOUS INCIDENT

RITTER HOUSE 3.19.15

The staff reported the strong smell of marijuana in the laundry room. It appeared the lock was tampered with and a plastic bag covered the sprinkler system. The responsible party was not located.

OPINION

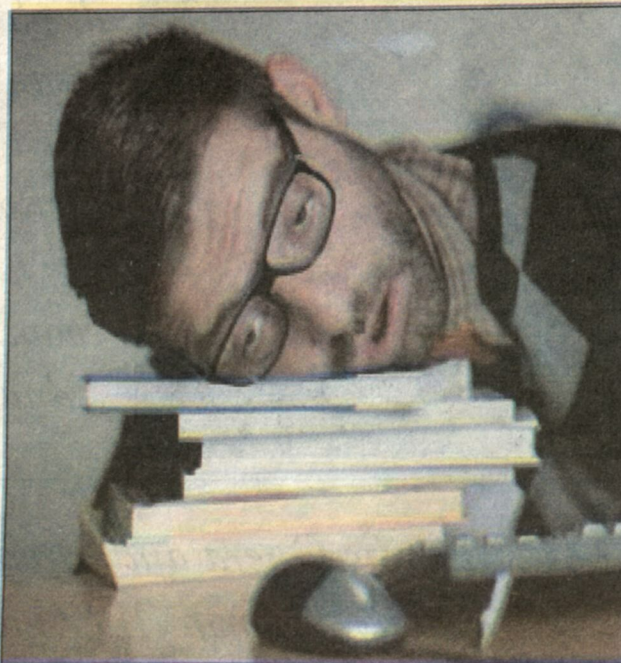
Students facing academic fatigue this time of year

Oula Miquel
STAFF REPORTER

"You look so tired..." is becoming a common expression uttered on Pacific's campus — I would know, as I have heard it more over this past week than this whole year. So what gives? Why are students feeling more exhausted, especially since we just got back from spring break? According to freshman Natalie Marr, "Most people didn't enjoy spring break because they used it as an opportunity to catch up on assignments for classes, or get ahead on projects that would be due the first week back at school. So, it became strenuous instead of relaxing."

It seems that everyone is at the tipping point where school has become so taxing and humdrum in nature that most students have become very turned off and uninterested in class and school in general. Junior Noreen Javeed commented, "Everything has become so monotonous that that's what has become exhausting." It turns out that Javeed is not the only student feeling lethargic over the repetitious cycle that comes at the end of the school year.

At Penn State's Student Health Center, Dr. Wei-Shin Lai, the founder of SleepPhones, has been seeing students since 2007. In her research, she has discovered that college students simply don't get enough sleep. "If I had to choose the biggest problem concerning sleep in college students, it's just that they choose to not sleep. There are many reasons for it. Going out to have fun with friends is often more important. Other students over-extend themselves with taking too many credits and participating in too many extracurricular activities.



Franklin University

A growing percentage of students don't sleep enough because of their financial circumstances. They have to work 20-40 hours a week just to pay for school. These young students have the stamina to stay up frequently, getting by on naps. However, they may not realize that just because they can do it, they shouldn't do it."

Another factor that has caused the crash of most students is their studying habits. For example, many

students binge drink caffeine and energy drinks the day before a test so they can stay up all night and study, or get papers done. This has proven to be more damaging than anything else because it takes 72 hours of rest to recover from all-nighters. Many students have taken on these practices and have begun abusing energy drinks, which has contributed to a spike in long-term health conditions, including high blood pressure and heart disease. Not to mention the fact that most students fall into a zombie-like state after not getting enough sleep, where students can't focus all day long, their eyes gloss over most of what professors are saying and they feel like taking a nap in class. It's a wasted day where nothing gets done, or gets done poorly and you have to do it all over again later anyway.

It is clear that exams and projects are what have most students feeling fed up and bored stiff, not just the routine schedule that comes with taking classes and becoming a student.

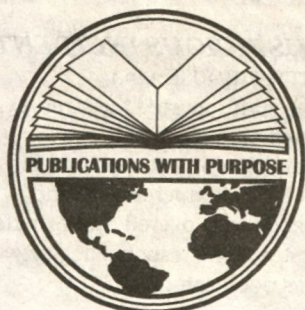
So, how do students go about breaking out of that cycle of dispassion for school? According to Nancy Rones, in order to prevent fatigue it is critical that students take care of their physical body: Eat right, sleep well, breathe deeply, get some exercise and stay hydrated. Learn to let things go. Sometimes you can't do it all; focus on the most important tasks, and focus on only 3-5 of those at most. Also, give yourself a break — long hours don't necessarily equate to productivity. While seemingly contrary, a short or long break can boost productivity. Try stepping away from things for a little bit and see if you don't come back stronger, fresher and more focused.

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Editorial comments reflect the views and opinions of the majority of the majority of The Pacifican editorial board, unless personally signed. The views of The Pacifican are not reflected in advertising, letters to the editor, or in any articles.

The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.

Black vs Orange

Topic of the week:

PRO Does your ASuop vote matter? CON

Alex Rooney
OPINION EDITOR

Voting for school elections is similar to voting in a national or state election: if you don't vote, you have no right to comment on the outcome.

Unfortunately, there has been a trend at Pacific of not voting in school elections. Last year, only about 400 of the 1500 students that were eligible to vote actually voted. Additionally, many of these non-voting students have gone on to complain about some facet of the campus or about some department, and they are unsure of who to talk to or even who was elected senator for that area.

We are fortunate enough to attend a campus that is small enough to allow each student's voice to be heard—if they let it.

Though it may seem small and unimportant, voting in this year's ASuop election should matter to students, because the people elected will end up helping to make decisions on campus that can and will affect our lives.

Plus, once these candidates begin their terms, they can become resources for students, and it would be

a benefit to know who the senator you might be looking for is.

Students can vote online, and the process takes only a few minutes, so there is no reason to neglect your duty! Similar to a bigger election, if students are unsure of whom to vote for, they can look at the candidates' platforms next to their picture and decide which goals they connect with the most.

As for president and vice president, students have two options this year: They can either vote for Serena Welch and Vidal Yanez, or choose the write-in candidates, Louis Johnson and Sierra Gonzalez, in which case they would check "other" and write in their names.

In addition to the information by ASuop that is provided for students, the last edition of this paper also included a little blurb about the two groups of presidential and vice presidential candidates.

Voting began last week and continues until this evening at 5 p.m., with the results announced tomorrow.

There is very little time left, but still enough time to vote!

Sasha Kasoff
STAFF REPORTER

In last year's ASuop elections, less than 15 percent of the student population voted. The question isn't only why didn't we vote, but why should we?

The majority of students don't seem to care who our students representatives are. If you aren't in a sorority, fraternity or on any school sports teams, you probably don't know anyone who is running for any of the positions. It is rare that we as the student population be aware of what our ASuop representatives do, other than say a few words or introduce someone at a ceremony every once in a great while.

Transfer students like myself often only attend UOP for two years, so changing policies in the long run does not affect us very much. Since we are less likely to be deeply involved with student activities, and just by not knowing as many people, it is hard to know who to vote for even if we wanted to.

School elections can also turn into popularity contests, instead of actually being about representing the student body or making

a difference in important issues on campus. While it may look good on your resume, holding a position in student government at such a small school doesn't hold the same weight when many classmates aren't even aware of your position.

Similarly, many students aren't registered to vote in the national elections either. Our generation seems too pessimistic about personal votes making a difference in any election. Many have excuses: "I'm waiting 'til after I graduate," or "I don't know enough about the issues," or maybe it's just the fact that they don't want to register to vote in Stockton, whose city politics won't affect most students' future lives. Although there are easy fixes to every excuse provided, we often don't take the initiative to change the things we complain about.

So will more people vote in the next ASuop elections? Maybe, if the information is given to us in a way that makes us understand what is at stake, if the campaigners make it an easy and quick process and if students realized why it is important—maybe.

Students start petition for flag removal on campus

Sarah Hong
STAFF REPORTER

If you attended elementary school in America, you might remember facing the American flag in your classroom and stating the Pledge of Allegiance by placing your right hand on your heart. However, to avoid "triggering" hurt feelings amongst illegal immigrants, six student council members attending UC Irvine wanted to remove the American flags in the ASUCI Lobby.

A petition has been made to support the decision of the student government, which features over 1,000 signatures including 60 from Irvine faculty members. However, everyone does not agree with this issue: Chancellor Harold Gilman and the executive cabinet of ASUCI vetoed the ban, and members of the public sent death threats to the six

council members whose idea it was to remove the American flag from the lobby.

Chancellor Harold Gillman released a statement you can find in full on the UCI: Office of the Chancellor website; he stated the views of these six student council members are "unconventional" and "outrageous." Gillman further expressed his feelings toward this incident that UC Irvine is an institution that has been "created by the world's greatest democracy... and we feel privileged to be able to serve the cause of freedom and progress under the American flag. Make no mistake: The American flag proudly flies throughout the University of California, Irvine, including outside my office window, and will continue to do so."

Other professors, such as Iranian-born literature professor Nasrin Rahimieh and African American studies professor Frank B. Wilderson III, have

differing opinions from the chancellor; they continue to support the student government as well as the petition.

Both sides of the situation have understandable pros and cons. On one hand, the student government feels it is important to represent diversity and make all residents feel comfortable. Soldiers fight for this country so people can own the freedom to express their individuality, whether it is practicing their religion or representing their ethnic background. On the other hand, we live in America; there is no need to propagate a loss of patriotism for our own country. Pacific does have students who have served in the military, and these soldiers who fought for our country would be appalled to see the symbol of our nation's freedom being removed.

Ultimately, it is difficult to imagine a petition of this kind being written at all.

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LIFESTYLES

The return of Sigma Chi's Derby Days

JD Yonke
CONTRIBUTING REPORTER

Derby Days, Sigma Chi's cornerstone event, returned in powerful fashion this past week.

Derby Days is a philanthropy event in which four sororities on campus, Alpha Phi, Delta Delta Delta, Delta Gamma and Kappa Alpha Theta compete against one another through various activities in order to raise money for the Huntsman Cancer Institute.

The theme of the week was "Save a Life," which encouraged individuals to take action and support the fight against cancer. Every individual can make a difference, and their contribution could help to save a life. The final tallies are still being conducted, but it is believed that over \$4,000 was raised over the course of the week.

So what goes on during Derby Days, and how is the money raised? Over the course of three days the organizations who choose to participate in the events, which this year included the aforementioned sororities, compete amongst one another in order to earn points. Points are decided by judges, selected upperclassmen members of

Sigma Chi, who tallied up points based on spirit and successfulness in each event.

Points could be earned by a number of ways throughout the week. Each sorority had a "coin jug" out on display every day, and every dollar amount placed in that jug would result in a point for the respective sorority. If dollars were found in the jug, then it resulted in a half-point reduction.

Points were also given when individuals posted pictures on the social media app Instagram using the hashtags "#savealife," "#pacificsigmach," "#derbydays," helping to spread awareness about the event and likewise the cause.

The event started on Wednesday March 18 with a variety of physical competitions on the UC Lawn. Each team was assigned three members of Sigma Chi to be their "coaches." These coaches helped rally the squads each day and were able to participate in some of the events.

The final event of day one, Kajabe Can Can, was the climax of the day. The purpose of Kajabe Can Can is to hold onto one end of a rope with each hand and avoid hitting the trash can in the middle of the circle while also not letting go of the ropes.

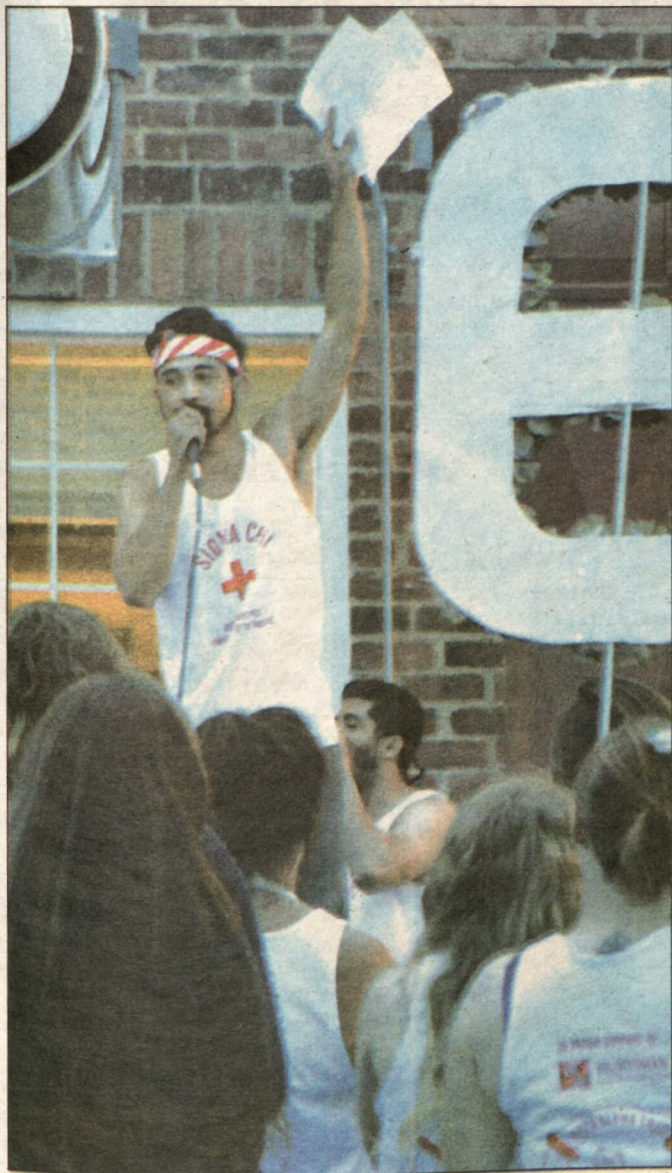
"The atmosphere was excellent," says coach's competition runner-up Boone Meyer '18 and a coach for Delta Gamma. "It's great to see everyone competing for such an important cause."

Day two saw everyone gathered at the Sigma Chi house on campus for Hollywood Squares, a trivia game involving questions about both Sigma Chi's history and cancer facts.

Day three, on Friday, wrapped up the entire event in dramatic fashion. Each team first went out on a scavenger hunt and completed various tasks in as short amount of time as possible. One example of the tasks was to find a former cancer patient, take a picture with them and give them a hug.

The next and final event was an auction in which activities with members of Sigma Chi were offered up to the highest bidder.

"It was great to have Derby Days back at UOP," says Jordan Dangerfield '15, the man in charge of the week's festivities. "The turnout, enthusiasm and commitment of the Panhellenic organizations really made the campus come alive. In the end, the event was a huge success and managed to bring in over \$1,000 per day."



Photos c/o Edna Rush

Upcoming Student Events

Thursday, 3/26

Exhibit: "Joy Spring," recent paintings by Kara Maria
9 A.M. AT THE REYNOLDS GALLERY

Lunch Behind The Lair: Chat with the Chaplains
NOON AT THE UC

Women's Sand Volleyball vs. No. 1 Hawaii
4 P.M. AT THE RANEY SAND VOLLEYBALL COURTS

Fear of a Brown Planet: Pan-Islamism, White Supremacy, and the Roots of the 'Clash of Civilizations' Debate
7 P.M. AT UC BALLROOM A

14th Annual Public Interest Job Fair
4:30 P.M. AT MCGEORGE SCHOOL OF LAW

Simon Rowe Latin Project at Take 5 Jazz
7 P.M. AT VALLEY BREW

Friday, 3/27

Exhibit: "Joy Spring," recent paintings by Kara Maria
9 A.M. AT THE REYNOLDS GALLERY

14th Annual Women of Distinction Awards Luncheon
11:30 A.M. AT ALUMNI HOUSE

Men's Tennis vs. Gonzaga
1 P.M. AT TENNIS COURTS

InterVarsity Christian Fellowship Large Group
6 P.M. AT GRACE COVELL HALL

Student Recital - Alex Garza, composition
7:30 P.M. AT FAYE SPANOS CONCERT HALL

Film Showing: "Strong"
8 P.M. AT WPC

Saturday, 3/28

Student recital - Britney Watkins, bassoon
2:30 P.M. AT RECITAL HALL

Movie This Week

Thursday, 3/26

"The Hobbit: Battle of the Five Armies"

Friday, 3/27

"The Hobbit: Battle of the Five Armies"

Saturday, 3/28

"The Hobbit: Battle of the Five Armies"

FDA approves powdered booze



BuildingaBrandonline

Brandon Bell
CONTRIBUTING REPORTER

On March 10, 2015, the Alcohol and Tobacco Tax and Trade Bureau approved Palcohol, a powdered form of alcohol that only requires the addition of water to make it into a full-fledged alcoholic drink, for sale by summer.

Mark Phillips is the creator of this new form of alcohol technology. His hope was to create a more lightweight form of alcohol that could hopefully be used by hikers and backpackers to have a few drinks on their adventures but not have to carry around all that extra water weight, which is always a concern with backpacking.

Phillips claims that the benefits don't just end there: He has been receiving requests from medical fields about using it as an emergency lightweight antiseptic and maybe as an alternative fuel source. Phillips does admit that the process for making Palcohol into a fuel source is not a sure thing yet, but someday down the line it could

be.

As for now, they are solely marketing Palcohol as an alcoholic beverage to be consumed in five flavors: rum, vodka, cosmopolitan, margarita and lemon drop. Each drink packet contains one ounce of powdered alcohol that completely dissolves when mixed into six ounces of water.

Although this technological breakthrough might be a great relief for mixologists or hikers of drinking age who want to bring alcohol on their trips, there has been much government and legal opposition to this product becoming available to the general public.

Most of the opposition stems from concern over the ease it will provide people below the drinking age to access alcohol or to smuggle it into stadiums or locations where it is prohibited. Although there have not been any studies on the subject due to the fact that the product has not yet been sold, South Carolina, Louisiana and Vermont have all prohibited the sale of Palcohol,

with a few other states to follow (California not being one).

According to Fernando Torres '17, the only real problem is that he "will no longer be able to make the joke that alcohol is the solution to everything — because it's no longer a solution, but a powder!"



Curb your stress eating

Alex Caspero
CONTRIBUTING REPORTER

As midterms, projects and papers pile up with finals rolling in right around the corner, you may find yourself turning to food to relieve the stress. The problem with stress eating is how it becomes a mindless indulgence that is used in attempt to suppress negative emotions. Food should be enjoyed!

When you're feeling stressed (or sad, or angry or any other emotion), first check in with yourself to recognize if your hunger is physical or emotional. If you just ate an hour ago and you're feeling satisfied, you're probably not hungry. Wait some time to let the craving pass. It might help to take away any temptations, as well.

Sometimes distractions can help take your mind off your emotions. Take a walk every now and then, or

take a 5-minute mental break. If that isn't an option, chew gum, or sip on some water or unsweetened tea to keep you occupied while working.

Usually the urge to eat when studying is not out of hunger, but your brain wanting a "mental break." Instead of using food, allow yourself a 5-minute Facebook or Instagram break before getting back to studying.

If you feel the urge to snack, try to grab a

healthy snack. Fresh fruit or vegetables with a low-fat dip or unbuttered popcorn can be a great option, especially because it will also give you a helpful boost of energy to power through your work. While keeping these things in mind, you don't have to deprive yourself. You can enjoy an occasional treat to help curb cravings.

Want more healthy tips? Make sure to follow NutriCat on Facebook!



Facebook

The Pacifican Now Hiring!

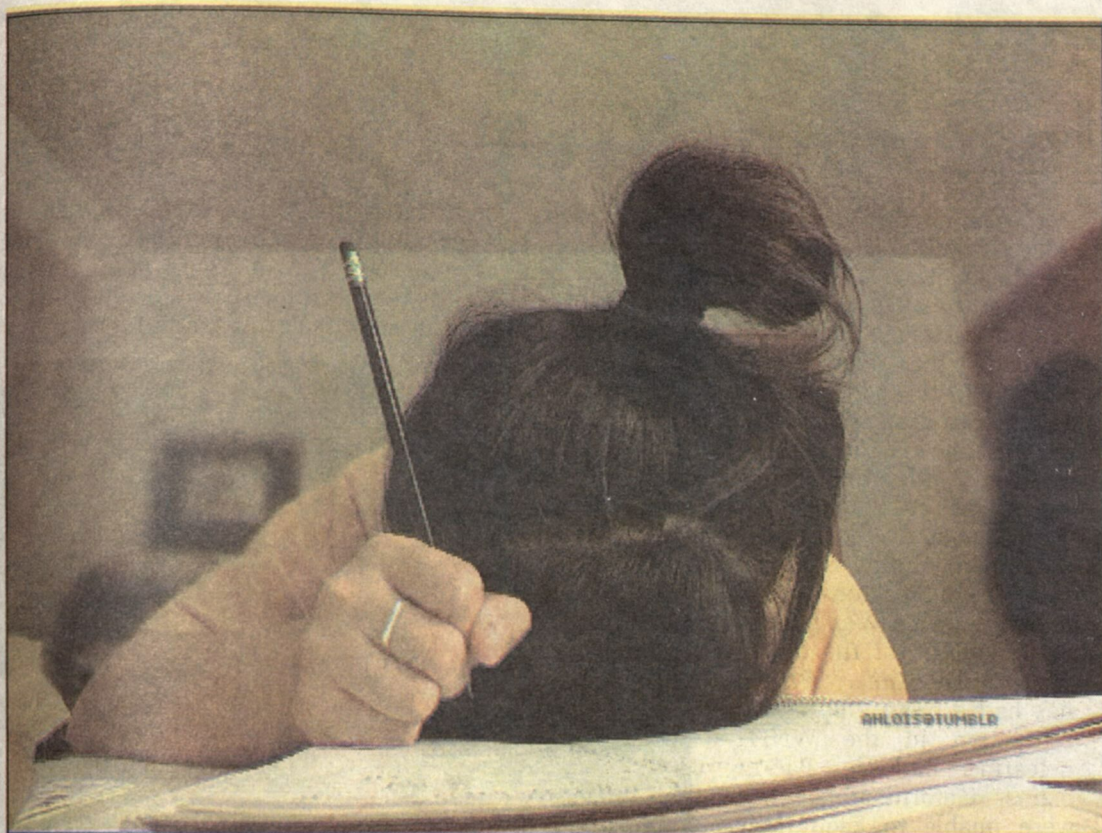
Fall 2015 Positions

News Editor
Opinion Editor
Sports Editor
Copy Editor
General Manager

Contact: Pacifcaneditors@pacific.edu



Motivating study tips



Her Campus

Do not do this to yourself: Plan ahead to avoid all-nighters.

Allison Williford
STAFF REPORTER

Nothing is more frustrating than a pile of textbooks to study and no motivation to get it done. You put it off and procrastinate until the night before the big test.

Just then, the panic begins to set in, and you nervously glance at that towering stack of work. Questions start flooding your mind: Why didn't I start this sooner? How am I going to get this done now?

If you are having problems buckling down and studying, here are a few tips to help you avoid those late night disasters.

One of the best ways to keep yourself from burning out and giving up on studying is to take periodic breaks and plan your work.

Pacific's Counseling and Psychological Services Department gives many excellent tips for studying and finals week and states, "The key to effective retention is repetition, and not overloading your brain (it can only absorb so much in an hour). Schedule out your time so that you can focus on each course."

Don't force yourself to study everything at once — schedule your time so that you work on certain subjects on certain days. Massachusetts Institute of Technology says that studying for 50 minutes

with a 10-minute break allows you to focus and memorize material better than if you studied for one straight hour.

Instead of giving up halfway through, take breaks to allow the mind to recharge and refocus on the task at hand. During this free time, walk around the room or do some stretches to give your body a break as well. Sitting or hunching over your books for too long could cause some neck and back problems for you later.

Another tip on how to study effectively is to listen to some music as you work. This does not mean that you pull out your favorite Eminem CD and jam while you study. Instead, find some soothing classical or instrumental music to allow your mind to relax and stay on task while reading your textbook.

According to seattlepi, one of Seattle's local news websites, listening to instrumental music is more soothing than other types of music, and it keeps your mind from becoming distracted like lyrical music can. The catchy beats and popular lyrics in many songs can distract you from your studying, but classical music can keep your mind from wandering. Check out Pandora, Slacker or any of your favorite music venues and listen to some Beethoven or Bach.

If you have an exam for

which you need to remember definitions or theories, try using note cards as flash cards to help your brain memorize the information. Write the main idea on one side and put the corresponding information on the other; test yourself by only looking at one side and giving the answer that is on the back.

The academic tips website examtime explains there are eight different benefits of using flashcards, which include helping the user to engage in active recall, spacing repetition, the activation of metacognitive faculties, the employment of effective self-testing, the enhancement of retention, the improvement of comprehension skills and the improvement of visual learning. Color code your cards by subject so you can keep the information straight, and have someone else test you with them as well. This forces you to think hard and respond out loud, which can assist in memorization.

Don't let those textbooks intimidate you — fight back against the grind and use these tips to push you through those essential study times. With classes over on April 29, finals week will be held during the first week of May.

At the end of the semester, your grades will thank you for putting in that extra effort and focus.

CLUB SPOTLIGHT

Sigma Alpha Pi: National Society of Leadership and Success

Drew Jones
SPORTS EDITOR

Striving to "build leaders to make a better world," the National Society of Leadership and Success is in the process of becoming one of the most influential organizations on campus. Since its 2012 establishment at Pacific, the Society has accumulated nearly 400 members from a variety of different majors and disciplines.

The Society, also known as Sigma Alpha Pi, began in 2001 with founder Gary Tuerack's mission to create a "community where like-minded, success-oriented individuals could come together to learn from and support each other." With the use of "life-changing" lectures and introduction of working with Success Networking Teams, the Society is an opportunity for members to discover their goals and find ways to achieve them.

Members who are invited to Pacific's chapter of the Society have a 3.0 GPA or higher, as well as demonstrated leadership skills in past leadership positions or events. Nevertheless, those who are not given a formal invitation can still apply for nomination into the Society.

In order to be inducted, invited members must attend a leadership training session and speaker broadcasts, work in smaller groups called SNTs and complete five hours of community service. These various activities are designed to encourage personal growth, strong leadership skills and community action.

In less than 15 years, Tuerack's vision has spread across the entire nation. The Society currently has over 450,000 active members nationwide at approximately 475 college campuses. According to the Society's website, "85 percent of Society members transitioning into careers landed the job of their choice

upon graduating and nearly 80 percent of those students attributed their success to the Society's program."

Pacific's Chapter President Nura Othman '17, along with her executive board, has been steadfast in making the organization at Pacific one that is well-known and sought after. Together they've encouraged and instilled the core values of NSLS within hundreds of students on campus.

"In order to reach your dream goal, whether you want to become a doctor, lawyer, engineer, etc., one must start with a simple 'Goal of the Day,' is what I like to call it. Which means you set a goal for yourself for that particular day, and slowly those goals will get you to the next step, and then from there to your ultimate goal and dream," revealed Othman.

Pacific's chapter will be inducting over 80 members this spring, continuing to grow rapidly in membership and instill leadership skills across campus. At graduation, you may spot a few of them as they proudly wear their NSLS cord and tassel charms.

Benjamin Franklin once said, "Many people die at 25 and aren't buried until 75." The Society expounded, "People don't go after their dreams because they don't believe they are possible. The vision of the Society was inspired by the passion of helping people wake up and believe in their own potential that they might not be seeing yet."



Society Web Page

SPORTS

TIGER X

SCHEDULE Baun Fitness Center

Thursday:

6:30-7:15 A.M.
-- Cycle
12:05-12:50 P.M.
-- Yoga
4-4:30 P.M.
-- TRX Express
4:30-5 P.M.
-- TRX Express
5:30-6:15 P.M.
-- Cycle
6:45-7:15
-- Abs & Assets
7-7:30 P.M.
-- Yoga
9-9:45 P.M.
-- Black Light Cycle

Friday:

6:30-7:15 A.M.
-- Cycle
8-9 A.M.
-- Fit and Functional
12:05-12:50 P.M.
-- Cycle
5:15-6:45 P.M.
-- Yoga

Monday:

6:30-7:15 A.M.
-- Cycle
8-9 A.M.
-- Fit and Functional
12:05-12:50 P.M.
-- Power Sculpt
4-4:50 P.M.
-- Pilates
5:15-6:30 P.M.
-- Yoga
5:30-6:15 P.M.
-- Cycle
6:45-7:45 P.M.
-- Zumba
8-8:45 P.M.
-- Body Shred

Tuesday:

6:30-7:15 A.M.
-- Cycle
12:05-12:50 P.M.
-- Yoga
4-4:30 P.M.
-- TRX Express
4:30-5 P.M.
-- TRX Express
5-6 P.M.
-- Zumba
6:30-7:15 P.M.
-- Cycle
7:30-8:30 P.M.
-- Yoga

Visit go.pacific.edu/rec
for schedule updates
and class descriptions.

WOMEN'S BASKETBALL

Pacific closes out 2014-15 season

Drew Jones
SPORTS EDITOR

Women's basketball played their final game of the season in the first round of the Women's National Invitational Tournament. The Tigers hosted Sacramento State this past Thursday in Alex G. Spanos Center at 7 p.m.

Pacific played tremendously in regular season play, finishing third in the West Coast Conference rankings with a 21-8 record. Unfortunately, they lost their final regular season game before the WCC Tournament in Las Vegas, and it was a downhill spiral from there. Led by a WCC Co-Coach of the Year, as well as four All-Conference players, the Tigers were expected to go further in the postseason than they did.

Before the tournament, there was discussion that Pacific had a high chance of

receiving a bid to the NCAA March Madness Tournament for the first time. They were a definite threat to conference leader Gonzaga. Ultimately, however, the Tigers didn't live up to the hype as they lost to San Francisco for the second time in a row.

Even with the hopes of going to the NCAA Tournament completely dismissed, the squad returned to Stockton looking to set out on a new adventure in the WNIT for the fourth consecutive time. Pacific has had a pretty impressive reputation in the WNIT, defeating multiple Pac-12 teams. Unfortunately, they were unable to keep their postseason trend going as they fell to the Hornets by just eight points.

Even though the Tigers had a rough end to the season, overall they played very well this year, boasting a .677 win percentage and defeating many high caliber teams.

Pacific loses six seniors to graduation, including Kendall Kenyon '15, who set several program records this season. Gena Johnson '15

will also say farewell to the program, after rehabbing from a car accident in her senior year and returning to the court for a fifth year.



Edna Rush
Guard Hailie Eackles '16 hustles down to court, charging past the Hornets' defense.

TIGER X CLASS REVIEW

Breathe in, breathe out. Pranayama.

Emily Olson
STAFF REPORTER

"Just take a second to tune inwards," urges a voice that melodically floats through the Stripe Studio at Baun Fitness Center. "Use this moment to let go of anything that isn't serving to uplift you."

There's a dim pool of light provided solely by the room's large windows. There's a subtle hint of lavender oil in the air. And there's an encompassing comfort of silence as the 15 participants of Sunday afternoon's Tiger X Yoga class follow instructor Alanna Peterson's advice.

As the class ends and they drift from the darkened room, it's easy to guess that most found a bit of that inner acceptance, what Peterson calls "being comfortable in your physical body." But it's just one of the many benefits of yoga.

Peterson, who has been teaching yoga for over a year and a half, told The Pacifican that the class is great for the body because of the meditative elements and the use of unique breathing techniques (in Yogi lingo referred to as "Pranayama"). The mind might also benefit from the physical challenge that comes with holding diverse poses.

"People like to find their edge, see what they're capable of and find their strengths and abilities. It allows them to move further in yoga and in life."

But ultimately, Peterson stated that "everyone has their own reasons for coming to yoga" and "that's a beautiful part of it."

For this reason she encourages everyone to try a class... and then try another. Peterson shared, "First-timers will take one class and never go back because they didn't like the specific type of yoga or teaching style." Her advice is to "keep experimenting with different

styles, keep listening to your body and take it at your own pace."

With Tiger X Yoga offered eight times a week (free to students and Baun members), there's plenty of chances to try.

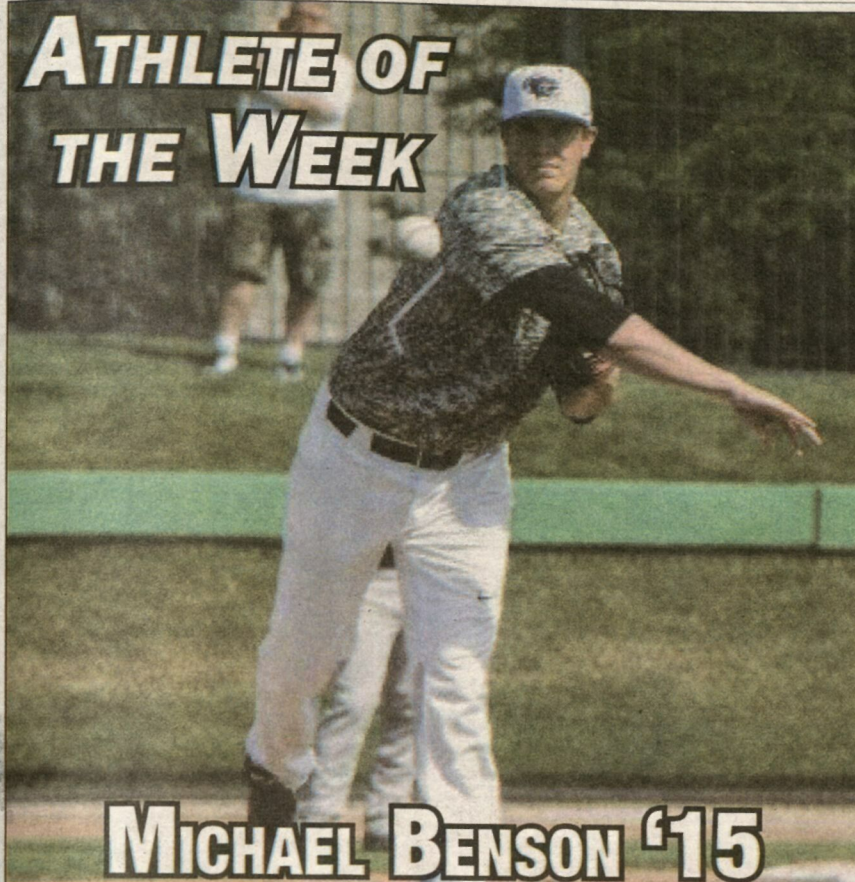
No need to have prior experience or bring along a mat. Just arrive a little early, slip off your shoes and find a spot among the others, but in your own mental solitude. Then sip in the silence, quiet your mind and set an intention.

Be prepared to leave with an awareness of self that wasn't there before.



Huffington Post
Exercise or meditation, find whatever reason you need to go to a yoga class at Baun!

ATHLETE OF THE WEEK



MICHAEL BENSON '15

Pitcher Michael Benson '15 tossed a gem in Pacific's series-deciding win over conference foe San Francisco. Benson pitched six complete innings, allowing four hits, giving up only one earned-run and striking out seven. The veteran Tiger picked up his second consecutive win of the season, proving to be the most consistent pitcher on staff.

(Photo c/o Keith Sanpei)

SAND VOLLEYBALL

Tigers drop home opener

Lauren Peterson
DISTRIBUTION MANAGER

After a resounding win against Sacramento State on Saturday, the Pacific women's sand volleyball team fell short of a win on Monday against Washington University.

The home opener drew a decent crowd, filled with parents, students and local high school volleyball players. The support and energy from the crowd encouraged the Tigers, but it wasn't enough to defeat the Huskies.

Lexi Elman '17 and Kat Schulz '16 lead an impressive rally against the Huskies with killer shots, but ultimately fell after taking it to three sets.

Ali Wilk '17 and Kimmy Whitson '17 fell victim to unlucky shots and missed opportunities before falling in two.

Anne-Sophie Bauer, redshirt '17, along with Megan Birch '14, never fell more than a few points behind the Huskies, thanks to hard blocks and good communication, but they were unable to pull out a victory.

Maycie LaBass '18 and Katrin Gotterba '18 played an extremely successful and physical exhibition game, beating the Huskies, but the win did not contribute to the overall score.

With the lone point of the afternoon, freshmen Taylor Poncetta and Andie Shelton defeated the Huskies, saving the Tigers from a shutout.

While the home opener proved disappointing, the Tigers look ahead to facing No. 1 Hawaii on Thursday, March 26 at 4 p.m.

The game on Tuesday, March 24 against Saint Mary's was postponed.



Katy Tagart

NATIONAL ATHLETIC TRAINING MONTH

WE PREPARE - YOU PERFORM

MARCH 2015



Maggie Castillo
CONTRIBUTING REPORTER

March is National Athletic Training Month. It is a time to spread the word about the profession of athletic training. Here at Pacific, there is an undergraduate program that prepares students for the athletic training profession. It is a two-year program that requires the students to work with the athletic teams here on campus, as well as with those at Delta College and high schools in the city of Stockton.

The athletic training program currently consists of 18 students. These students work under certified athletic trainers and aid them with whatever they need. They learn how to assess injuries and help athletes recover to full strength after an injury. The students work hard in the classroom as well as in the clinic with a full academic load each semester, learning the skills they need to become successful in this career.

PACIFIC TIGERS

WEEKLY HOME SCHEDULE

SAND VOLLEYBALL

Thursday, March 26
vs. No. 1 Hawaii
4 p.m.

Raney Sand Volleyball Courts

MEN'S TENNIS

Friday, March 27
vs. Gonzaga
1 p.m.

Hal Nelson Tennis Courts

Saturday, March 28
vs. Portland
1 p.m.

Hal Nelson Tennis Courts

WOMEN'S WATER POLO

Saturday, March 28
vs. Santa Clara
noon

Chris Kjeldsen Pool

For more information, check out the official Pacific Athletics website at pacificigers.com.

*"It's not just
a place to live,*

UNIVERSITY LOFTS

ON THE WATERFRONT

*it's a way of
life!"*

CHECK US OUT DAY!

209.323.3056 | UNIVERSITYLOFTS.ORG | NICK.GRAY@UNIVERSITYLOFTS.ORG